

Some Mass. public schools to increase class time

BY LING-MEI WONG



Clarence R. Edwards Middle School (picture) is one of the two Boston Public Schools that will have more school time in 2012-2013 school year. Image courtesy of BPS website.

For thousands of Mass. public school students, their school day is about to get longer.

Massachusetts is one of five states that will add at least 300 hours of learning time at some schools in 2013. The other states include Colorado, Connecticut, New York and Tennessee.

The Mass. schools will receive federal, state and district funds, along with aid from the Ford Foundation and the National Center on Time & Learning. Federal and state education funding for the 2013-2014 school year have not yet been approved.

Massachusetts has an existing state expanded-learning program, so the initiative will not be new at all the schools. For the 2012-2013 school year, the state awarded \$12.7 million in noncompetitive grants and \$1.3 million in competitive grants for expanded learning at 19 schools.

The expanded learning time initiative is meant to boost student performance and make U.S. schools more competitive. Another purpose is to help students gain knowledge, skills and experiences needed for college and career success.

Teachers in the U.S. spend between 1,050 and 1,100 hours a year teaching, exceeding teaching time in almost every country, according to the Organization for Economic Cooperation and Development's 2012 Education at a Glance report.

Schools and districts will decide to extend the school day or add more days to the school calendar for 2013-2014. The additional time is to be spent on increased instruction in math, reading, science and other core subjects, along with applied learning and enrichment. It is also to be spent on professional development for teachers.

Mass. Schools with more school time for the 2012-2013 school year are:

1. Boston Public Schools: Boston Arts Academy (9-12)
2. Boston Public Schools: Clarence R. Edwards Middle School (6-8)
3. Brockton Public Schools: Huntington Elementary School (K-5)

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小說家張斯麗 新作探討中國歷史

Joanne Wong報導



張斯麗於書談會中會見讀者。(照片由Joanne Wong提供。)

作家張斯麗 (Amy Kwei) 於本月11日假波士頓華埠社區中心 (BCNC) 舉辦的書談會中介紹了她的新作，一個關於家庭故事的小說『咱家的姨太太』 (A Concubine for the Family)。

故事背景是在1930年的舊中國，主要描寫黃氏家庭的女家長Purple Jade，以及上流社會家庭裡的人物關係。在家庭中沒有男性繼承人的情況下，又為了可以保留家族的聲譽，Purple Jade作出了一個艱難的決定，在她丈夫生日的時候提出了讓她丈夫納妾來作為他的生日禮物。

張斯麗說：「如果沒有當時的歷史背景，這個故事是不會存在的。」她把自己的家庭歷史背景和人物特徵融入到這部小說裡，把一副中國舊社會 (1937-1941)，第二次中

日戰中的動盪歲月中每日生活的生動畫面描述給了大家。與此同時，她開展了大量的中國歷史背景的研究，就是為了把故事的發生與真實的歷史事件保持一致。

張斯麗出生於中國上海，並在香港的殖民教育體制下長大的。她是在不同的文化環境下長大的，也可以說不同的中國方言。她把自己的文化經歷也融入了小說中描寫為年輕的讀書女孩。

張斯麗曾在Bennett學院及Dutchess社區學院任教心理學，但現已退休。她曾兩度獲得Poughkeepsie周刊Talespinner大賽的得獎者。她的短篇故事及文章都出現在眾多的出版物中。

現在，張斯麗已經開始著手於創作『咱家的姨太太』一書的續集『在紅月亮下 (Under the Red Moon)』。

Learn about lead effects in homes

BY LING-MEI WONG

Lead is a heavy metal commonly found in paint on the inside and outside of houses built before 1978. The effects of lead poisoning can be severe, harming children and adults alike. Children are most at risk because lead can permanently harm their developing bodies.

In 1978, the United States banned lead from paint. Lead paint is found in almost all homes built before then, which affects many old Massachusetts' homes. Lead can also be found in pipes, glass and pottery.

Effects of lead poisoning

Children under age six face the greatest risk from lead poisoning, as it can affect the brain, kidneys, nervous system, hearing and red blood cells. Even at low levels, it could stunt growth and result in

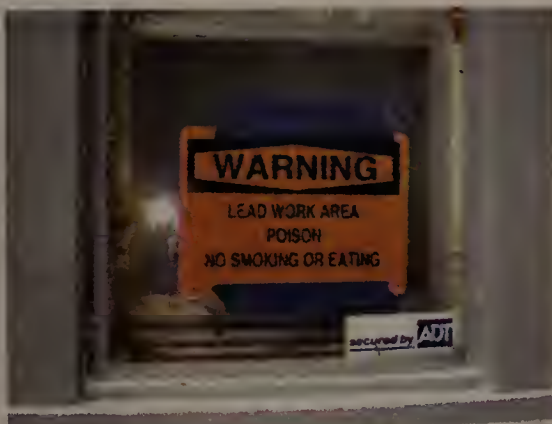


Image Courtesy of Flickr.

development problems. Young children are most at risk because they tend to put objects in their mouth and absorb more lead.

However, adults are not immune to lead poisoning. While they are less likely

to lick things about the house, they could still breathe in lead dust, touch objects covered in lead dust or eat paint chips or soil contaminated with lead.

"Many Chinese families like to grow vegetables or herbs in their backyards," said Melody Tsang, Multi-Service Center coordinator at the Asian American Civic Association. "However, they do not realize that the soil may contain lead from paint on houses and inadvertently poison themselves."

In pregnant women, lead can affect prenatal development. Adults with lead poisoning can suffer reproductive problems, high blood pressure, stomach problems, nerve problems, memory problems, and muscle and joint pain.

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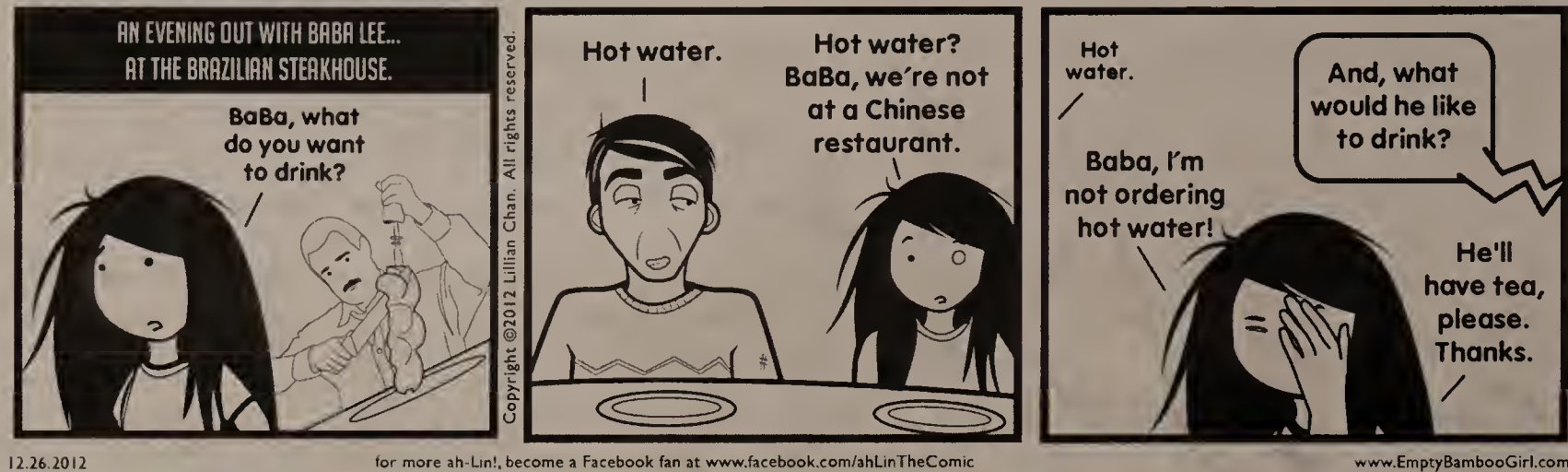
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COMIC

EMPTY BAMBOO GIRL

THE MUNDANE & SUBLIME ADVENTURES OF A GIRL NAMED AH-LIN!



Event Calendar

Joe Wong Chinese talk show

Saturday, Dec. 29

7 - 9 p.m.

The Concord Players Theater
51 Walden St.

Concord, MA 01742

Joe Wong, Chinese American comedian who has been invited to 2010 Radio and Television Correspondents' Dinner, Late Show with David Letterman, Ellen DeGeneres Show, as well as many other famous television programs in China, will hold his "Looking forward to 2013" talk show in Concord.

Tickets:

EIP \$48 row 1-3 with backstage access

VIP \$38 front row seats
General \$28Contact: www.thechineselink.com/

The Melody Dance Troupe Performance

Monday, Dec. 31

3 - 3:30 p.m.

Hynes Convention Center
Hall C

900 Boylston St.

Boston, MA 02115

The Melody dance troupe, a semi-professional dance group associated with the Greater Boston Chinese Cultural Association, was formed by a group of passionate lovers of traditional Chinese dance, music and performance. For the past three years, Melody Dance Troupe has performed in First Night Boston and is favored by the audiences. This year, again as part of the First Night Boston, the troupe are performing traditional Chinese dance at Hynes Convention Center.

Boston's Family Fireworks Celebration

Monday, Dec. 31

7 p.m.

Boston Common Ballfield
Boston, MA 02108

Presented by Mayor Thomas M. Menino and The Mugar Foundation, a 12-minute New Year's Eve fireworks display will take place at the Boston Common Ballfield to welcome the year of 2013. This will be the 14th year for Boston's Family Fire-

works Celebration, and the display includes dozens of special effects and a barrage of color.

Contact: www.july4th.org

LogMeIn Midnight Fireworks

Monday, Dec. 31

12 a.m.

Boston Harbor
Boston, MA 02110

A firework display especially created for First Night Boston by Zambelli Fireworks will light up the skies above Boston Harbor at midnight to celebrate the New Year Eve. The display will last for approximately 10 minutes.

Flag-raising for 102th anniversary of the Republic of China

Tuesday, Jan. 1

11 a.m.

90 Lincoln St.
Newton Highland, MA 02461

Taipei Economic and Cultural Office in Boston will have a flag-raising celebration for the 102th

anniversary of the founding of the Republic of China.

Youth Symphony Orchestra New Year Concert

Saturday, Jan. 12

7:30 p.m.

Newton North High School Lasker Auditorium
457 Walnut St.
Newton, MA 02460

The Asian Cultural Center and the Greater Boston Asian-American Youth Symphony Orchestra is holding the 2013 New Year Concert at Newton North High School. The junior string orchestra will perform Bach: Brandenburg Concerto No.3, and the senior symphonic orchestra will perform the Yellow River Piano Concerto. Talented youth musicians are invited to bring fantastic music and blessings for the New Year to the audience.

Tickets: \$5

Contact: (617) 225-2888 or www.asiancc.net

Stage play performance

Thursday, Jan. 31

7:30 p.m.

Boston Center for the Arts
539 Tremont St.
South End
Boston, MA 02116

The Asian Task Force Against Domestic Violence (ATASK) is going to be collaborating with Company One to host its 2013 annual meeting as well as the 20th anniversary series. The meeting will be from 6-7 p.m. followed by a stage play performance of Mia Chung's You for Me for You. A post-performance talk-back with the playwright and cast will also be included.

Tickets: \$28

Contact: www.atask.org/site/component/content/article/300.html

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87 TYLER STREET

BOSTON, MA 02111

TEL: (617) 426-9492

FAX: (617) 482-2316

Editor: Ling-Mei Wong
lingmeiwong@sampan.org

ENGLISH SECTION

Contributors:
Lillian Chan
Zhanglin Kong
Hao Lu
Joanne Wong
Douglas Yu

CHINESE SECTION

Contributors:
Zhanglin Kong
Hao Lu
Joanne Wong
Douglas Yu

Translators:
Hao Lu
Ivy Mah

Advertising:
Teresa Cheong
ads@sampan.org

Production:
Teresa Cheong
Hao Lu

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SAMPAN
CHINESE NEW YEAR EDITION

will publish on

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Stay tuned!

Some Mass. schools will increase class time next year

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| 6. Chelsea Public Schools: Joseph A. Browne Middle School (5-8) | 11. Greenfield Public Schools: Greenfield Middle School (4-7) | 17. Revere Public Schools: William McKinley Elementary School (K-5) |
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Building a stronger city through stronger school communities

SUBMITTED BY BOSTON MAYOR THOMAS M. MENINO

This morning, more than 1,100 Boston students who live within a few blocks of each other boarded school buses and began long commutes to reach their classrooms in 67 different schools across our city. Together, they traveled more than 1,782 miles – the distance from Boston to Cheyenne, Wyoming.

These children live in the Bowdoin/Geneva section of Dorchester. Here, one in three children are raised by a single mother. The unemployment rate is twice the city average and nearly one in four families lives below the poverty level.

These are the very children our sprawling, three-zone student assignment system was designed to help nearly 25 years ago. But, instead of traveling to attend great schools, we see these children scattered across town, without the quality of the school they attend as a consideration.

The real way to lift

communities like Bowdoin/Geneva into opportunity is not to split them up, but to build them up. This means investing in our schools and helping families attend quality schools closer to where they live.

Since I became Mayor we have turned a struggling school system into one of the 20 most improved districts in the world. In 1998, just 25 percent of high school students passed their math MCAS exams. Today, 86 percent do. Two years ago, we shifted to a new system that ensures dollars follow our students – schools receive funding based on the numbers and needs of our students they serve.

We are also making big changes in neighborhoods like Bowdoin/Geneva. Just four blocks from that intersection sits the Marshall Elementary School, where only ten percent of students scored highly on reading and mathematics MCAS exams last year.



Mayor Menino and Superintendent Johnson visited UP Academy in South Boston on Sept. 26, 2011. The academy will undergo significant transformation this fall, the mayor says.

Our new budgeting system has allowed us to invest an additional \$600,000 in the Marshall and more impressive changes are ahead. Last month Superintendent Johnson announced UP Academy will transform in this fall, bringing great new teachers, a longer school day and a proven track record of high performance – all while remaining a Boston Public School and welcoming students of all levels of need and ability.

These changes would never have been possible

had we not fought for and won needed reforms at the state level and in our teachers' contract. Never before have we had the ability and the funding to turn struggling schools around at the pace that is underway today. But these successful strategies will only be effective if we go beyond just attracting students to schools close to home – but also enroll them there.

The only guarantee that our current student assignment process offers is frustration. Rather than being built around access

to quality, it was built around the theory that splitting up school communities was the only way to help students succeed.

A generation later, we know it's not working. If it were, a community like Bowdoin/Geneva would be benefiting from the hundreds of miles their children travel each morning and afternoon. Instead, these children miss out on after-school activities and tutoring because they must make the long trip home just after lunch.

It makes no sense.

Putting an end to the crippling cycle of poverty in neighborhoods like Bowdoin/Geneva requires community-building strategies that include great schools, access to health care, job training, crime prevention and foreclosure relief.

Together, our city offers all these things – and the coming transformation of the Marshall School is just the latest example. Some might say we must wait until all schools are great before taking any

steps to end the daily scattering of our children, but I firmly believe we must do both at the same time. With successful new school turnaround tools, a teacher and principal evaluation system among the most advanced in the nation, and a budget that's finally providing fair funding to the schools that need it the most, we are well on our way.

Creating quality school communities takes a commitment to both quality and community. We are up to this task and our children cannot wait for us to debate forever. In January, the External Advisory Committee on School Choice will review final recommendations for a new school assignment plan which balances choices, quality and community.

A solution to this long-fought issue is closer than it's ever been. And the children of Boston are sure to benefit immensely.

As last of eight anti-Asian military hazing trials conclude, Asian American civil rights groups continue to seek reforms

SUMMITTED BY ASIAN AMERICAN JUSTICE CENTER

This week brought to a close the last of eight courts-martial of soldiers charged in connection with the death of Army Private Danny Chen, a 19-year-old Chinese American from Manhattan, who died in Afghanistan in October 2011 of non-combat injuries following weeks of bullying and abuse by superiors in his unit. OCA, a national organization dedicated to advancing the political, social and economic well-being of Asian Pacific Americans, and the Asian American Justice Center (AAJC), a member of the Asian American Center for Advancing Justice continue to seek policy reforms that would strengthen and protect all service members from such abuse.

On Monday, the prosecution in the case against First Lieutenant Daniel Schwartz—Pvt. Chen's platoon leader—accepted the defense's request for non-judicial punishment. Such a deal avoids trial

and results in the formal charges related to Chen's hazing and maltreatment being withdrawn. Schwartz will now be separated from the Army through an administrative process.

"There have been too many cases of military hazing, and we must have reforms that protect those vulnerable to hazing in our armed forces," said Mee Moua, president and executive director of AAJC. "Policy makers must act on the lessons learned from these tragedies to implement policies that are strong, comprehensive, and that send a clear message that harassment and abuse of service members will be met with serious consequences."

Schwartz's punishment follows seven courts-martial of other members of the unit that included convictions of maltreatment, hazing, dereliction of duty and assault. Punishments ranged from demotions in rank, forfeited pay, restrict-

ed hard labor and short jail sentences (up to six months). Only one soldier received a discharge for bad conduct.

"Such punishments are too light and reflect a significant void in our military justice system," said Tom Hayashi, executive director of OCA. "New legislative regulations on hazing can help ensure the safety of all men and women in uniform."

U.S. House and Senate conference committee members will soon send a reconciled version of the 2013 National Defense Authorization Act (NDAA), an annual defense budget bill, to the full Congress that contains provisions that address the prevalence of hazing and the need for prevention policies through the requirement of a military report to Congress and anonymous reporting.

Mark the Dates!

CHINATOWN

CCBA
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Thursdays, 12–1 PM
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February 14

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- **Explain BWSC customer programs.**

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Boston Water and Sewer Commission
980 Harrison Avenue • Boston, MA 02119 • www.bwsc.org

Boston Mayor's International Celebration

BY JOANNE WONG

At Mayor Thomas Menino's International Celebration, children of all ages enjoyed games, performances and educational talks from Boston's culturally diverse community organizations. Hosted by the Boston Parks and Recreation Department and the Mayor's Office of New Bostonians, the event was held at the Franklin Park Golf Clubhouse on Saturday, Dec. 15.

Families were invited to celebrate various cultures by enjoying festive music, entertainment and dancing. Gund Kwok, an all Asian female lion and dragon dance troupe, performed a traditional lion dance and relayed the tale of the origins of the lion dance. Participants were offered an opportunity to try out the three lion headpieces.

"It's great that the mayor is promoting cultural diversity among youth," said Jessica Fauntine. A minority-majority city, Boston boasts a cornucopia of races, ethnicities and cultural communities. Still recovering from his recent medical procedures, Mayor Menino was absent from the celebration. Instead, Felix Arroyo, City Councilor At-Large, made an appearance and spent time playing the dreidel with some children.

Performances from other cultures included that of the OrigNation



Gund Kwok dance troupe performing the lion dance. Attendees enjoy performances, games and cultural arts from around the world.

Cultural Arts Center. The youth-focused dance troupe travels abroad to perform and learn about other cultures. The artistic director, Shaumba-Yandje Dibinga led a call and response with the young crowd and taught the audience several African words. The dance troupe spoke of the origin and principles of Kwanzaa.

A wide range of games from around the globe was also featured at the event. Activities included a piñata, dreidels, and a multicultural game of blocks featuring 28 commonly found words in six lan-

guages: Spanish, simple Mandarin, French, German, Latin and English. Children were able to employ their creativity at the arts and crafts table, where they decorated snowflakes with celebratory words in different languages.

Guests sampled hot chocolate provided by Dunkin' Donuts and cookies from Great Taste Bakery of Chinatown.

The event wrapped up with a special visit from Santa Claus and a viewing of the holiday classic "A Charlie Brown Christmas."

Novelist Amy Kwei explores Chinese history

BY JOANNE WONG



Amy Kwei discusses her novel at the book reading event. (Photo by Joanne Wong)

Author Amy Kwei read her new novel, family saga "A Concubine for the Family," at the Boston Chinese Neighborhood Center on Dec. 11.

Set in late 1930s China, the story focuses on Purple Jade, the matriarch of the Huang family, and the interfamilial relationships in an upper-class family. Having produced no male heir to the family, and in an attempt to save the family's honor, Purple Jade makes the difficult decision to present a concubine to her husband as a birthday gift.

"The story could not exist without the historical background," Kwei said. Fusing her own family's historical back-

ground into the novel and its characters, Kwei painted a fascinating picture of daily life in Chinese society between the tumultuous years of 1937 and 1941, when the Second Sino-Japanese War unfolded. In addition, Kwei conducted extensive background research on Chinese history to align the story with real historical events.

"What sticks in readers' minds are the emotions of the characters and how they managed to survive this difficult period," Kwei said. The character of Purple Jade is based on Kwei's own grandmother, who was presented with a similar situation and ultimately decided to betroth a concubine to her husband.

Born in Shanghai and raised in Hong Kong's colonial education system, Kwei grew up straddling different cultures and speaking a blend of Chinese dialects. Kwei mirrored her own cultural experiences in the young school girls depicted in the novel.

Kwei, who retired from teaching psychology at Bennett College and Dutchess Community College, has twice won the Talespinner Competition sponsored by the Poughkeepsie Journal. Her short stories and essays have appeared in numerous publications.

Kwei is currently working on the sequel to the family saga, "Under the Red Moon."

LEAD: Possible risks and prevention

CONTINUED FROM PAGE 1

Someone with lead poisoning may look fine from the outside. The only way to find out is through blood testing. This is mandatory for Massachusetts children at least once a year from when they are nine months old until they turn four.

Understand lead risks

An owner of a Massachusetts home built before 1978 must have it inspected for lead if a child under six lives there. If lead risks are found, the house must be delead or made temporarily safe from serious lead threats for a maximum of two years.

However, lead-based paint is not always hazardous. If it is in good condition and not on a friction surface, such as a window, people should be unaffected.

Inspectors can detect if there is a lead in a home and where the sources of serious exposure are. They conduct a visual inspection to look for lead, use a sodium sulfide so-

lution and scan with portable X-ray fluorescence machines. Finally, lab tests can confirm whether there is lead in the paint, dust or soil.

"Don't try to do lead removal yourself," Tsang said. "Painting over the problem areas with regular paint is ineffective and only a temporary measure."

Home repairs are a common cause of lead poisoning. It is important to take precautions for possible lead exposure, particularly around old paint or plumbing pipes.

Steps to protect your family from lead hazards

If you think your home has high lead levels, the Environmental Protection Agency has the following recommendations:

1. Get young children tested for lead, even if they seem healthy.
2. Wash children's hands, bottles, pacifiers and toys often.
3. Make sure children eat healthy, low-fat

foods high in iron and calcium. Well-nourished children absorb less lead.

4. Get your home checked for lead hazards.

5. Regularly clean floors, window sills and other surfaces.

6. Wipe soil off shoes before entering the house.

7. Talk to your home seller or landlord about fixing surfaces with peeling or chipping paint.

8. Take precautions to avoid exposure to lead dust when remodeling or renovating. Call 1-800-424-LEAD or visit www.epa.gov/lead/nlic.html for guidelines.

9. Don't use a belt sander, propane torch, heat gun, dry scraper or dry sandpaper on painted surfaces that may contain lead.

10. Don't try to remove lead-based paint yourself.

This is part three of an affordable housing series.

CLASSIFIEDS

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FOR OCCUPANCY JUNE 2013

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**The application submission deadline is
February 1, 2013.**



Kwong Kow Chinese School principal cultivates language and culture

BY LING-MEI WONG



Kwong Kow's new principal Felicia Tsang. Photo by Ling-Mei Wong.

Felicia Tsang knows what it's like to be new.

Tsang came to the United States when she was 17 years old. When she was assigned to read "Catch-22" by Joseph Heller and came across an unfamiliar expletive, she couldn't find it in the "F" section of the dictionary and turned to her classmate.

"That story went all over campus in two hours," she laughed.

Today, Tsang knows her cultural references. As the principal of Kwong Kow Chinese School, she wants children to learn Chinese not just as a language, but to understand the culture and history as well.

"The way to go about education is through languages and you cannot really assimilate unless you have the language," Tsang said. "You cannot know the intricacies of the language unless you know the culture. They have to go hand in hand."

Homecoming

While Tsang grew up in Hong Kong, she considers Boston her home. After studying electrical engineering at MIT, she completed graduate studies at Dartmouth College and Boston University, and worked as a research scientist at Harvard Medical School. She began working in K-12 education in 1986, as she raised a family of two sons and a daughter. The Newton Cantonese School became her responsibility for eight years.

"My younger son would say, "We're the only kids who are doing this,"" Tsang said. "Chinese school on Saturday became a fact of life."

Tsang moved to Hong Kong in 2002 to cofound a private school at the behest of Nobel Physics

Prize winner Charles Kao. Once the school was on its way, she launched the Learning through Engineering, Art and Design program with the MIT Media Lab, the Chinese University of Hong Kong and the Hong Kong Federation of Youth Groups. The collaborative project brought multimedia into education for Hong Kong, spanning multiple topics and serving special needs children.

When the Kwong Kow board looked for a new principal, Tsang was already well-known.

"Given my experience in Hong Kong and passion in working for the community, I really wanted to do something," Tsang said. "It's a good feeling to come home and do this."

Bustling Chinatown

In a day, Tsang handles administrative tasks, meets with teachers, checks on students, meets with parents and advises Kwong Kow's high school volunteers on college admissions. She performs all tasks in fluent English, Cantonese and Mandarin, which she credits to knowing the background of each language.

"Unless you start to appreciate the nation, the people and its history, along with the culture, you won't be able to de-

velop an interest to learn the language well," she said.

As Kwong Kow teaches Cantonese and Mandarin classes to immigrant children from Chinatown -- along with other children -- the school serves as a cultural link. "A lot of people in the neighborhood don't know the culture in America. They can take language classes but it's hard to assimilate," Tsang said. "They can't take part in their children's education, which results in a generation of very frustrated kids and parents. The parents feel hopeless for themselves, while hopeful for their children. The kids can be very frustrated. They're in a bad position because if they disappoint their parents, they feel like they've failed."

Kwong Kow not only offers language classes, but also has dulcimer, kung fu and Chinese dance so students have a fuller appreciation of the Chinese culture. On Sundays, children of new immigrants take English classes to help them adjust more quickly.

"I want to see the children here succeed," Tsang said. "I want them to break out of the community, in a way, but to always feel they are a part of it."



Tsang (L) teaching her after school program students how to do homework. Photo by Ling-Mei Wong.

Malden Mayor's end of year recap - highlights of 2012

SUBMITTED BY MAYOR GARY CHRISTENSON



Mayor Gary Christenson

Time flies! It's been nearly one year since I was sworn in as Mayor of Malden and over the past year there have been many exciting changes and improvements. If I had to pick one I am most proud of it would be the advances we have made in communicating directly with our residents.

We now connect with residents through a variety of mediums --the City website, Facebook, Twitter, Flickr, YouTube, E-newsletters, and monthly online forums--all in an effort to not only keep residents informed and engaged in the community, but to also broaden their participation in government. It's exciting that as Malden's Social Media

turns one-year old, the followers on Facebook and Twitter hit 2,316 and 1,428 respectively!

We have also placed constituent service representatives in the Mayor's Office who provide multi-lingual ser-

vices to Malden's diverse population. Our Mandarin and Haitian Creole speaking Constituent Services representatives have been instrumental throughout City Hall in translating for our residents.

Business development has been another top priority. Malden has many resources to compete as one of the top destinations in the greater Boston area for new businesses and my administration is working hard to promote our City. I have directed them to have City Hall go from 'Red Tape' to 'Red Carpet' for new and existing businesses so they feel welcomed and appreciated. Our ongoing goal is to work with businesses to facilitate the licensing and permitting process and to

efficiently address their needs.

I'd be remiss if I didn't mention as a proud accomplishment our hard work to provide resources for Malden's youth. The Mayor's Summer Youth Employment Program was a huge success! We had 335 teens working for the City--nearly triple from the previous year! We will continue this program which offers our future leaders the opportunity to gain work experience, develop essential job skills and connect with their community. Also, we recently opened the Malden Teen Enrichment Center, which provides a safe place for Malden teens to socialize with friends, receive homework assistance, play games, take part in enrichment activities, develop leadership skills, and participate in community service opportunities.

It's been a great first year and I look forward to an even better year in 2013!

Alta Brigham Square Affordable Housing Lottery Arlington, MA www.s-e-b.com/lottery

17 New Affordable Apartments

Studios @ \$941/mo 1BRs @ \$1,068/mo 2BRs @ \$1,185/mo
Rent does not include any utilities except water and sewer

Alta Brigham Square is a 116 unit apartment building located one-half block off of Massachusetts Avenue at Arlington Center. 17 of the units will be reserved for individuals and families who qualify for this affordable housing program.

Affordable apartments include designer finishes such as gorgeous plank flooring in kitchen and bath; granite countertops; stainless steel appliances; upgraded espresso-colored designer cabinetry; oversized kitchen islands; and tile surrounds in baths. Community amenities include a wellness center with cardio salon and an outdoor lounge with fire pits and community grills.

The Maximum Income Limits for Households are as follows:

1 Person - \$45,500 2 Person - \$52,000
3 Person - \$58,500 4 Person - \$65,000

A Public Info Session will be held on January 10th, 2013 at 6:00 pm in the Arlington Senior Center Mural Room (27 Maple Street, next to Town Hall).

Completed Applications and Required Income Documentation must be received, not postmarked, by **2 pm on January 30th 2013**

The Lottery will be held on **February 12th, 6 pm** in the Arlington Senior Center Mural Room.

For Lottery Information and Applications go to www.s-e-b.com/lottery or call (617) 782-6900 And Leave A Message. Applications and Information also available at the Robbins Library on 700 Mass Ave in Arlington (M-W 9-9, Thurs 1-9, Fri+Sat 9-5, Sun 2-5).



Benefits and concerns from eating fish

BY ZHANGLIN KONG

Master of Nutrition Science, Registered Dietitian, Nutritionist of Greater Boston Chinese Golden Age Center



Fish market in Asia. Image courtesy of Flickr.

Fish is an excellent source of high quality protein and healthy fat, especially omega-3, and it is packed with healthful vitamins and minerals. Not many people know that fatty fish is a great source of Vitamin D, which is uncommon in other food. There is strong evidence that eating fish or taking fish oil is good for the heart and blood vessels, and research studies show eating approximately one to two 3-ounce servings of fatty fish a week reduces the risk of dying from heart disease by 36 percent. Fatty fish we com-

monly see include salmon, herring, mackerel, anchovies and sardines.

There is a great deal of scientific research studying the association between omega-3 polyunsaturated fatty acids and cognitive development throughout childhood. They show promising but inconclusive evidence. Some studies show that beneficial health outcomes are more likely to result from supplementation with DHA itself, which is why many baby formulas include DHA today. The effect of fish oil supplement on child intel-

ligence remains uncertain. In spite of the uncertain cognitive benefit, fish itself should be included as a part of a nutritious meal for children.

One concern about eating fish is the mercury, since nearly all fish and shellfish contain traces of it.

The risk of eating large amount of mercury from fish and shellfish is that it may harm an unborn baby or young child's developing nervous system. Therefore, the Food and Drug Administration and the Environmental Protection Agency advise



Albacore tuna (L) and king mackerel (R) are some of the fish that contact high levels of mercury. Image courtesy of Flickr.

women who may become pregnant, pregnant women, nursing mothers and young children to follow these recommendations.

1. Do not eat shark, swordfish, king mackerel or tilefish because they contain high levels of mercury.

2. Eat up to 12 ounces (two average meals) a week of a variety of fish and shellfish that are low in mercury.

- Five of the most commonly eaten fish that are low in mercury are shrimp, canned light tuna, salmon, pollock and catfish.

- Another commonly eaten fish, albacore ("white") tuna has more

mercury than canned light tuna. So, when choosing your two meals of fish and shellfish, you may eat up to 6 ounces (one average meal) of albacore tuna per week.

3. Check local advisories about the safety of fish caught by family and friends in your local lakes, rivers and coastal areas. If no advice is available, eat up to 6 ounces (one average meal) per week of fish you catch from local waters, but don't consume any other fish during that week.

Other sources of omega-3 fats include nuts and tree nuts. Nuts contain large amounts of omega-3 fat and no cholesterol,

along with no mercury. There is moderate evidence that consumption of unsalted peanuts and tree nuts such as walnuts, almonds and pistachios, along with a nutritionally adequate diet and moderate calorie intake, has a favorable impact on cardiovascular disease risk factors, particularly serum lipid levels. There is lack of solid evidence that eating nuts make children smarter. However, if your children are not allergic to nuts, they are nutritious food that can be a great part of a well-balanced diet to make them healthier.

Tufts Medical Center

HFCS in manufactured food may lead to health issues, study says

BY HAO LU

Have you ever thought about your high blood sugar being linked to daily intake of soft drinks and processed foods? A study published in Metabolism May 2012 issue shows that consumption of high fructose corn syrup (HFCS), a sweetener commonly used in manufactured foods and beverages, may link to a variety of health issues such as diabetes and metabolic effects.

According to the research, "Effects of high-fructose corn syrup and sucrose on the pharmacokinetics of fructose and acute metabolic and hemodynamic responses in healthy subjects", excessive fructose intake is one of the factors driving the increases in diseases like hypertension, obesity, diabetes and kidney disease. Specifically, the increase in fructose consumption is primarily due to the increased use of HFCS in Western diet.

"HFCS is very similar to table sugar, but they are processed so they actually have a higher percentage of fructose," said Emily Biever, dietitian at the Floating Hospital for

Children at Tufts Medical Center.

While table sugar has 50 percent fructose and 50 percent glucose, With the process, HFCS has 55 percent fructose and 45 percent glucose, Biever said.

"The most common and the most popular way that people are consuming HFCS is in sodas, so the majority of sodas contain the HFCS. You also see it in a lot of package food, like candy, cookie, cake. So it's a common sweetener used in a lot of processed food," she said.

Although researches implicated that higher fructose systemic concentrations would lead to increased fructose-induced adverse metabolic effects, Biever said that there is no evidence to link consumption of HFCS to diabetes or obesity directly.

"It might not quite fair yet to say there is a direct, positive link between HFCS and type two diabetes," said Biever. "People who typically consume a lot of HFCS are also consuming a lot of food that can lead to diabetes. So it leads to something called metabolic syndrome, and

that syndrome includes things like heart disease and diabetes."

The main reason why companies prefer to use HFCS rather than table sugar is because that as a corn based product, HFCS is much cheaper to produce, Biever said.

"We recommend that kids do not consume more than 50 gram of added sugar a day. That is, we say, no more than 200 calories in from sugar a day," Biever said. "If you look at that, one can of soda is about 50 gram. So if someone drinks a can of soda, they are done for the whole day in terms of their added sugar intake."

Biever said that the best thing consumers could do is to start reading the nutrition fact labels on food to choose the products with smaller amount of sugar.

"What I would say is to educate people on reading the nutrition fact and becoming aware that if certain products have 30, 50 gram of sugar, that is probably too much sugar, and we will find another product that has less sugar to replace it," she said.



Tufts
UNIVERSITY

School of
Dental Medicine

Free Dental Screening Offered

January 9, 2013

4:30 pm – 6:30 pm

**Senior Dental Students Seeking Patients for
Licensure Exam**

Who might qualify? People with one or all of the following:

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Tartar (Calculus)

Periodontal (Gum) Disease

**People who have not been to the dentist in several years
or more**

**Please contact Nicole Wade at 617-636-6791 to schedule
an appointment
Space is limited**

**Tufts University School of Dental Medicine is located at
1 Kneeland Street
Boston, MA 02111**

MASSACHUSETTS BAY TRANSPORTATION AUTHORITY
TRANSPORTATION BUILDING
10 PARK PLAZA
BOSTON, MASSACHUSETTS 02116-3975

NOTICE TO BIDDERS

Sealed bids for MBTA Contract No A20CN01, **LIGHT RAIL ACCESSIBILITY IMPROVEMENTS, GOVERNMENT CENTER STATION, BOSTON MASSACHUSETTS (CLASS 1, GENERAL TRANSIT CONSTRUCTION AND PROJECT VALUE \$ 91,000,000.00)**, will be received by the Director of Contract Administration at the Contract Administration Office, 6th Floor, Room 6720, Transportation Building, 10 Park Plaza, Boston, Massachusetts, 02116-3975, until two o'clock (2:00 p.m.) on **January 31, 2013**. Immediately thereafter, in a designated room, the Bids will be opened and read publicly.

The Work consists of the renovation of and improvements to Government Center Station, and improvements within City Hall Plaza and the surrounding City of Boston Streets. Improvements to Government Center Station include a new Green Line headhouse, renovation of platform and station areas, new elevators, escalators and stairs, new electrical substation, new communications and security systems, and a new emergency egress from the Blue Line portion of the Station. Improvements at the surface include realignment of Cambridge Street and the replacement, renovation and restoration of pavement surfaces and new landscaping and lighting in both public ways and City Hall Plaza.

This Contract is subject to a financial assistance Contract between the MBTA and the Federal Transit Administration of U.S. Department of Transportation. FTA Participation 80 percent.

Each prospective bidder proposing to bid on this project must be prequalified in accordance with the Authority's "Procedures Governing Classification and Rating of Prospective Bidders." Copies may be obtained from the Contract Administration Office at the above address. Requests for prequalification for this Project will not be accepted by the Authority after the tenth (10th) day preceding the date set for the opening of bids.

Prequalified bidders may obtain from the Contract Administration Office a "Request for Bid Form" which must be properly filled out and submitted for approval.

Bidding documents may be obtained from the Contract Administration Office at the address above from 8:30 a.m. to 4:00 p.m., beginning on December 27, 2012, Monday through Friday, at no charge. Copies of the Bidding Documents will be available in electronic format (CD). Contract Specifications and Contract Drawings shall be available in portable data file (.pdf) format. If requested, Bidding Documents will be shipped for a fee of \$25.00, made payable by check to MBTA. For overnight mail service, a completed mailing label, with an approved carrier account number (i.e. Federal Express), must be included. All bidding documents requested by check will be shipped via U.S. Postal Service. **NONE OF THESE CHARGES ARE REFUNDABLE.**

Bidders attention is directed to Appendix 1, Notice of Requirement for Affirmative Action to Insure Equal Employment Opportunity; and to Appendix 2, Supplemental Equal Employment Opportunity, Anti-Discrimination, and Affirmative Action Program in the specifications. In addition, pursuant to the requirements of Appendix 3, Disadvantaged Business Enterprise (DBE) Participation Provision, Bidders must submit an assurance with their Bids that they will make sufficient and reasonable efforts to meet the stated DBE goal of sixteen percent (16%).

Bidders will affirmatively ensure that in regard to any contract entered into pursuant to this solicitation, minority and female construction contractors will be afforded full opportunity to submit Bids and will not be discriminated against on the grounds of race, color, religion, sex, age, or national origin in consideration for an award.

Bidders will be required to comply with Federal Equal Employment Opportunity Regulations and the President's Executive Order No. 11246 and any amendments or supplements thereto. Bidders will also be required to comply with the Governor's Executive Order No. 481, prohibiting the use of undocumented workers on State Contracts and any amendments and supplements thereto.

Authorization for the Bidders to view the site of the work on the MBTA's property shall be obtained from the Project Manager, Dan Beaulieu, 6th Floor, MBTA Design and Construction, 10 Park Plaza, Boston, MA 02116-3975, 617-590-3562. The Authority will conduct an inspection tour of the site on **January 14, 2013**. Bidders are requested to be present in front of the Government Center Station Headhouse at Cambridge Street and Court Street, Boston Massachusetts, at 10:00 a.m. to participate in the tour. Bidders are advised that they should have representation at this tour as no extra visits are planned.

A prebid conference will be held on **January 16, 2013** at 10:00 a.m. at the 10 Park Plaza, Boston, MA. Any request for interpretation of the Plans and Specifications should be submitted in writing at the same time.

Bidders will be required to certify as part of their bids that they are able to furnish labor that can work in harmony with all other elements of labor employed or to be employed on the work.

This Contract is subject to Federal wage and hourly laws and minimum State wage rates as well as all other applicable labor laws.

Bidders are advised that the "Buy America" provisions of the Surface Transportation Assistance Act of 1982 (Pub. L-97-424) as amended, apply to any Contract, procurement or agreement which results from this solicitation.

Bid Guaranty shall consist of a bid deposit in the amount of five (5) percent of the value of the bid, in the form of a bid bond, cash, certified check, treasurer's or cashier's check.

The successful Bidder shall be required to furnish a Performance Bond and a Labor and Materials Payment Bond each for the full amount of the Contract price.

The Authority reserves the right to reject any or all Bids, to waive informalities, to advertise for new Bids or proceed to do the work otherwise, as may be deemed to be in the best interests of the Authority.

This information may be viewed at the MBTA website:

http://www.mbta.com/business_center/bidding_solicitations/current_solicitations/

MASSACHUSETTS BAY TRANSPORTATION AUTHORITY

Date: December 20, 2012	By: Richard A. Davey Secretary and Chief Executive Officer of MassDOT	Dr. Beverly Scott General Manager of the MBTA & Rail & Transit Administrator of MassDOT
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How to keep your child healthy with Chinese medicine

BY ALEX YU



(L to R) Walnut kernel, ginkgo seeds and luo han guo are some of the Chinese medicine suggested supplements for children. Image courtesy of Flickr.

In the view of Chinese medicine, from birth to adulthood, the growing and developing human body has significant physical, physiological and pathological differences in each stage. Therefore, a child should not be taken as a miniature adult and given nutritious supplements that are usually for grow-ups. During growth, a child's organs are not fully developed and cannot function well, especially their lungs, spleen and kidneys. They can easily catch a cold, cough and vomit as well as suffering from diarrhea, enuresis, edema and other illnesses. Focusing on their physiological characteristics, the best nutritious supplements for children are not expensive Chinese medicine like ginseng, but some food

supplements that are easy to digest and can strengthen their lungs, spleen and kidneys. Here are some of them:

Sesame

Sesame is sweet in flavor and neutral in nature, acting on the channels of the liver and the kidney. It contains 60% fatty acids, most of which are unsaturated fatty acids (oleic acid, linoleic acid and arachidic acid). Sesame invigorates the liver and the kidney, and moisturizes the organs. It is usually used to combat dryness in fall and treat deficiencies of the liver and the kidney, dizziness due to internal wind of deficiency type, dry stools and difficult defecation, weakness during convalescence, early graying of hair, and lack of lactation

in women.

Walnut kernel

Walnut kernel is sweet in flavor and warm in nature, acting on the channels of the kidney and the lung. It contains 40-50% fatty acids (mainly tri-linolein), protein, carbohydrate, calcium, phosphorus, iron, carotene, vitamin B1, B2, and nicotinic acid. Its functions include warming the lung to relieve asthma and moisturizing the intestines to relax the bowels. It is used to treat symptoms due to deficiency of kidney yang, asthma, cough, lumbago and beriberi, impotence, constipation, frequent urination and enuresis.

Hyacinth bean

Hyacinth Bean is sweet in flavor and warm in nature, hyacinth bean contains large amounts

of protein, fat, carbohydrates, and minerals. It acts on the channels of the spleen and stomach. Its functions include invigorating the spleen to eliminate dampness. It is used to treat spleen deficiency with dampness, fatigue, anorexia, diarrhea, leukorrhea due to hypofunction of the spleen, as well as diseases caused by summer-heat and dampness.

Ginkgo seed

Ginkgo seed is bitter in flavor and neutral in nature, acting on the lung channel. It contains carbohydrate, protein, fat, calcium, phosphorus, iron, carotene, various kinds of amino acid, and riboflavin. Its functions include inducing astringency, arresting discharge, arresting spontaneous emission,

and leukorrhea. It is used to treat asthma attacks, spontaneous emission, enuresis and frequency of urination.

Luo Han Guo

Luo Han Guo is sweet in flavor and cool in nature, acting on the channels of the lung and the large intestine. It can moisturize the lung and the intestine, and clearing away heat. It is used to treat cough, aphonia, sore throat and constipation due to intestine dryness. It can also prevent asthma attack.

Honey

Honey is sweet in flavor and neutral in nature, acting on the channels of the lung, the spleen and the large intestine. It contains fructose, glucose, a little sucrose, and

maltose. It can strengthen the spleen and stomach, moisten dryness, relieve spasm and cough, and clear away toxic materials. It treats cough due to lung dryness, constipation due to intestine dryness, epigastralgia, rhinorrhea with thick, opaque discharge, aphtha, scalds, and burns.

Alex Yu is a registered Chinese medicine practitioner in Hong Kong and a PhD Candidate of Guangzhou University of Chinese Medicine. He holds a master of Chinese medicine and bachelor of Chinese medicine and science from Hong Kong Baptist University.

Help teens cope with stress

BY DEVIN YOUNG, AACA YOUTH LEADERSHIP COORDINATOR



Image courtesy of Flickr.

Adolescence is a difficult time in a person's life. Although some may claim that these are the 'best days of one's life', it is also a time of immense pressure, what with all the changes going on in one's body, environment, and life in addition to what the University of Minnesota's

Joyce Walker calls "negotiating a path between independence and reliance on others". All of this adds up to one big word: stress.

Walker defines stress as being "characterized by feelings of tension, frustration, worry, sadness, and withdrawal that commonly last from a

few hours to a few days". However, stress can sometimes build up and lead to actual mental health concerns or disorders ranging from anxiety to even depression. As the National Institute of Mental Health describes, under normal circumstances, stress and anxiety are natural reactions that actually promote better performance. When taken to the extreme, though, they can become crippling conditions that hurt performance and decrease functionality.

Adolescent stress and excessive anxiety stem from a wide variety of sources. These include relationship issues, family and financial problems, academic pressure and frustration, serious illness in the family, peer pressure, physical changes

characteristic of this age, negative self-concepts, and moving or changing schools. According to Joyce Walker, these origins can be broken up into two overruling categories of home and school and relate to issues of conflict and loss. One student from Malden High School, Sudan Zhuang, confirms some of these sources of stress, stating that she primarily gets stressed out by "school and grades". "For example", she says, "when other people get an A+, you feel like you need to get an A+ too, and it makes you feel bad about yourself". This combination of friends and school that is the competition between peers for the best grade constitutes a source of stress for students like Sudan.

The majority of teenagers respond in very healthy ways to stress.

Some common, beneficial practices for coping with stress are attempting some type of relaxation activity, trying to solve the problem on one's own, or seeking external help and support from friends or family. These responses comprise positive reactions to anxiety. Sudan demonstrates such a response, saying that she copes with stress by "trying to study or going out with friends".

On the other hand, a select group of 'troubled' youth responds negatively to stress with behaviors characterized by anger, passivity, aggression, and anti-sociality. One important finding is that youth who report a suicide attempt on average report five additional 'bad' things on their list of stressors, which is more than twice that of normal teens.

Some techniques for

avoiding and dealing with extreme stress include exercise, healthy diets, rehearsing anxiety-provoking situations, learning relaxation exercises, developing assertiveness, taking breaks, relying on social support groups, decreasing negative self-talk, and avoiding caffeine, alcohol, drugs, and tobacco. In addition, parents can help teenagers cope with stress by monitoring stress levels of their children, listening to what their children have to say, role model proper stress management, and support participation in healthy activities such as athletics. These tips guide parents how to keep teenagers low-stress as well as instructing teens to learn to do this for themselves.

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2012年12月移民排期表

親屬移民排期表

親屬移民排期	全世界（包括港澳台）	中國大陸	印度	墨西哥	菲律賓	備註
第一優先	2005年12月22日	2005年12月22日	2005年12月22日	1993年7月8日	1997年12月22日	第一優先：美國公民的成年未婚子女
第二優先2A	2010年9月22日	2010年9月22日	2010年9月22日	2010年9月1日	2010年9月22日	第二優先2A：永久居民的配偶及未成年子女
第二優先2B	2004年12月8日	2004年12月8日	2004年12月8日	1992年11月22日	2002年4月15日	第二優先2B：永久居民的成年未婚子女
第三優先	2002年6月22日	2002年6月22日	2002年6月22日	1993年3月8日	1992年8月8日	第三優先：公民的已婚子女
第四優先	2001年4月8日	2001年4月8日	2001年4月8日	1996年7月22日	1989年4月15日	第四優先：成年公民的兄弟姐妹

職業移民排期表

親屬移民排期	全世界（包括港澳台）	中國大陸	印度	墨西哥	菲律賓	備註
第一優先	有名額	有名額	有名額	有名額	有名額	第一優先：杰出人才、研究人員、研究人員教授
第二優先	有名額	2007年12月8日	2004年9月1日	有名額	有名額	第二優先：跨國公司主管
第三優先	2007年2月1日	2006年9月22日	2002年11月8日	2007年2月1日	2006年8月15日	第三優先：技術勞工及專業人士
非技術勞工	2007年2月1日	2003年7月1日	2002年11月8日	2007年2月1日	2006年8月15日	
第四優先	有名額	有名額	有名額	有名額	有名額	第四優先：特殊移民
宗教工作者	有名額	有名額	有名額	有名額	有名額	
第五優先 定點投資	有名額	有名額	有名額	有名額	有名額	第五優先：指定地點投資移民
試點項目	有名額	有名額	有名額	有名額	有名額	

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傳真：(617) 482-2316

編輯：黃靈美
editor@sampan.org

中文版

記者：呂昊、Joanne Wong、Douglas Yu

翻譯：林夢夏、呂昊

廣告企劃行銷：張韻寧
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電話：(617) 426-9492
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《舢舨》雙語雙週報創立於西元1972年，宗旨在聯絡社區，教育亞裔新移民。《舢舨》內容包括社區專題報導、地方新聞、移民訊息、衛生保健、文化藝術等。自創刊以來《舢舨》秉持著非營利公正報導的宗旨服務達波士頓地區。所有對報社的贊助以及捐款均可免稅。歡迎投稿或提供寶貴意見。訂閱舢舨一年份只要\$60，撥打訂報專線617-426-9492分機206，或將支票以及填寫完整之訂報表格一同寄至舢舨地址。

活動信息

黃西中文脫口秀
十二月廿九日（週六）
晚上七點至九點
The Concord Players Theater
51 Walden St.
Concord, MA 01742
曾應邀出席美國白宮記者年會，調侃副總統拜登，上過美國雷特曼秀、艾倫秀、中國小崔說事、魯豫、楊瀾訪談的脫口秀演員黃西，將假康可演員劇院登台演出，為觀眾帶來2013新年展望中文脫口秀。可進後台特價票48元，前排票38元，普通票28元，詳情請洽http://www.thechineselink.com/。

知音舞韻文藝演出
十二月三十一日（週一）
下午三點至三點半
Hynes Convention Center Hall C
900 Boylston St.
Boston, MA 02115
大波士頓區中華文化協會旗下知音舞韻舞蹈團由一群愛好民族舞蹈的舞者組成，成立至今五年，曾參與宣揚中華文化的各類

活動，今次將加入2013「波士頓第一夜」慶祝新年系列活動，為市民表演傳統中國舞蹈。詳情請洽http://www.firstnight.org/。
波士頓新年煙火表演
十二月三十一日（週一）
晚上七點
Boston Common Ballfield
Boston, MA 02108
波士頓市計劃假公共廣場舉行十二分鐘的煙火表演以慶祝2013年的到來。波士頓市民將得以觀賞各類五彩焰火在廣場上空綻放。表演由市長托馬斯曼寧諾和穆加基金共同主辦。詳情請洽www.july4th.org。

LogMeIn午夜煙火表演
十二月三十一日（週一）
午夜十二點
Boston Harbor
Boston, MA 02110
由LogMeIn公司贊助，贊貝利煙火公司承辦的十分鐘煙火表演將在新百年午夜點亮波士頓港口上空。屆時市民可前往觀賞聲、影、色彩的完美組合。該表演亦為「

波士頓第一夜」慶祝新年系列活動環節之一。
經文處元旦升旗
一月一日（週二）
上午十一點
90 Lincoln St.
Newton Highland, MA 02461
駐波士頓台北經濟文化辦事處將於元月一日假波士頓僑教中心舉行中華民國102年元旦升旗暨團拜慶祝活動。有意參加者屆時可徑自前往參加。

青少年交響樂團新年音樂會
一月十二日（週六）
晚上七點半
Newton North High School Lasker Auditorium
457 Walnut St.
Newton, MA 02460
亞洲文化中心攜手大波士頓亞裔青少年交響樂團舉辦2013新年音樂會，將為各位觀眾演繹“黃河”大型交響樂等精彩曲目，由多位獲得國際獎項的天才青少年音樂家登台獻藝，為大波士頓地區華人奉獻精彩的音樂以及美好的

新春祝福。門票5元，詳情可洽(617) 225-2888或查詢網站www.asiancc.net。

「你我你」舞台劇
一月三十一日（週四）
晚上七點半
Boston Center for the Arts
539 Tremont St.
South End, Boston, MA 02116
亞裔反家庭暴力小組

(ATASK)將與Company One合作舉辦2013年會，同時進行成立20週年系列慶祝活動。年會將於晚上六點至七點舉行，會後有Mia Chung的「你我你」舞台劇表演。表演之後還將進行與劇作家和演員的交流訪談環節。票價28元。詳情請洽http://www.atask.org/site/component/content/article/300.html。



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吃魚肉的好處和隱患

作者：孔璋林，營養科學碩士，註冊營養師，中華耆英會營養學家



圖片來源：Flickr

魚肉，含有豐富的高蛋白和脂肪，特別是擁有豐富的omega-3，它富含了健康的維他命和礦物質。不是很多人知道多脂魚富含大量的維他命D，在其他的食物上是不多見的。根據有力的科學證明，食用魚肉或者魚油對心臟和血管都有很好的益處，該研究還顯示每週食用大約1至2次3盎司含脂魚可以比普通人減少患上心臟疾病36%。含脂魚通常包括有：三文魚（salmon）、青魚

（herring）、馬鮫魚（mackerel）、鳳尾魚（anchovies）和沙丁魚（sardines）。

通過一項重大的科學研究指出，omega-3脂肪酸（polyunsaturated fatty acids）在孩童時期的認知發育佔了很重要的地位。但是尚未有足夠的證據可以證明。一些研究亦指出，健康的結果更有可能來自於添加DHA本身的功效，這就是為什麼現時這麼多嬰

兒的食物含有大量的DHA。魚油的補充對孩子的智力發展的影響現時還不是很確定。儘管對食用魚肉的認知還不是很確定，但是魚肉還是應該成為孩子的營養餐單中的一部分的。

其中一樣對食用魚肉的擔心是水銀，最近機會所有的魚類和貝類都可以發現到它的踪跡。食用大量可能含有水銀的魚類和貝類可傷害未出世嬰兒或年幼孩子的神經系統的發展。因此，美國食品藥物管理局和美國環境保護局建議可能懷孕婦女、懷孕婦女、哺乳中的母親和年幼的孩子應遵從一下的一些建議：

1. 不要食用鯊魚（shark）、劍魚（swordfish）、大西洋馬鮫（king mackerel）或方頭魚（tilefish），因為它們都富含高度水銀。
2. 每星期最多食用12盎司（平均每2餐）的各種含低水銀的魚類和貝類。
- 五種常見的low水銀魚類包括有蝦（shrimp）、光金槍魚罐頭（canned light tuna）、三文魚（salmon）、鱈魚類（pollock）和鮫魚（catfish）。
- 其他一些常見食用魚，長鰭金槍魚【白吞拿魚】比光金槍魚罐頭

含有更多的水銀成分，所以，當你選擇食用兩餐魚和貝類的時候，你每星期平均每餐只可以最多食用6盎司的白吞拿魚（albacore tuna）。

3. 查看關於家人或朋友在當地的湖水、河流和沿岸區域的關於食用魚的安全建議。如果沒有相關的建議，那麼每星期應最多食用你從當地水源中捕獲的6盎司（平均每餐）魚肉，在同一星期不應食用更多的一些其他的魚類。

其他一些富含omega-3 的包括有果仁類和堅果類。果仁包括有大量的omega-3並沒有膽固醇及水銀。有溫和的證據表明，食用無鹽的花生和核桃、杏仁和開心果等的堅果，並伴隨一個營養均衡的飲食和適度卡路里攝入量，有利於減低心血管疾病的影響，特別是血清血脂水平。並沒有確鑿的證據證明食用更多的堅果類可以使孩子更聰明。然而，只要你的孩子對堅果類不會過敏，他們應該把這種營養的食物作為均衡營養餐單中的其中一樣，讓孩子們可以更加的健康。

Tufts Medical Center

攝入加工食品內過量果糖或導致健康問題

呂昊報導



圖片來源：Flickr

你有沒有想過你的高血糖或許與每天生活中看似平凡的軟飲料和加工食品有關聯呢？在Metabolism雜誌2012年5月期刊登的一項研究中表明，常用於加工食品和飲料的甜味劑之一，食用高果糖玉米糖漿（HFCS），有可能是糖尿病、代謝綜合症等多項健康問題的誘發者。

據該研究表明，過量果糖的攝入是高血壓、肥胖症、糖尿病、腎臟疾病等症狀的最主要驅動因素之一。而事實上，近年來西方飲食中高果糖玉米糖漿的廣泛使用是現代人果糖攝入量增加的主要原因。

塔芙茨醫學中心兒童醫院營養師Emily Biever指出，高果糖玉米糖漿與普通的食用糖是非常相似的，但由於經過加工處理，它們較普通食用糖而言含有更高比例的果糖。

Bievert解釋道，普通的食用

糖有50%的果糖和50%的葡萄糖，而由於二次加工，高果糖玉米糖漿有55%的果糖和45%的葡萄糖。

她說：「人們有可能攝入高果糖玉米糖漿的最常見方式是軟飲料，如蘇打水。絕大多數的蘇打水都含有高果糖玉米糖漿。在大量的包裝食品如糖果、餅乾、蛋糕中我們也經常發現高果糖的存在。因此，我們可以說高果糖玉米糖漿是一種常見的甜味劑，並被廣泛使用在許多加工食品內。」

儘管研究顯示，過高濃度果糖的攝入會導致由果糖引起的身體不良代謝症狀，Biever表明至今依然沒有直接證據可以證明高果糖玉米糖漿就是糖尿病和肥胖症的罪魁禍首。

Biever說道：「關於高果糖玉米糖漿是導致2型糖尿病的直接因素的說法是不公平的。通常那些會

攝入大量高果糖玉米糖漿的人們也會同時食用大量可導致糖尿病等疾病的食物，從而導致一種代謝綜合症，而正是該綜合症最終導致心臟疾病和糖尿病。」

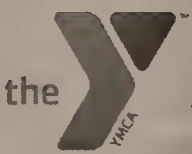
Biever解析，由於高果糖玉米糖漿的原料主要是玉米，生產製作過程比普通蔗糖便宜許多，因此企業加工食物時更傾向使用高果糖玉米糖漿。

她說：「我們建議孩子們每天攝入的加工糖不超過50克，也就是不超過200卡路里的熱量。如果你留意一下，一罐蘇打水大概是50克左右。因此，如果你今天喝了一罐蘇打水，就已經完成了應有的糖攝入量。」

Biever說道，對於消費者而言，避免攝入過量果糖的最有效方式是養成閱讀食品包裝上營養成分標籤的習慣，從而選擇含糖量較少的產品。

她說：「任何食品的

包裝上都有一個營養成分表，讓人們知道該產品含多少糖、蛋白質、或其他重要營養成分。我認為教育人們學會閱讀消費品包裝上的營養標籤十分重要。這將讓消費者意識到自己的果糖攝入量是否超標。如果某產品標明含糖50克，就意味著有可能讓我們攝入過量糖分，因而我們則該尋找另一個少糖產品來取代它。」



免費健康計劃班開班

為了增強身體健康，王氏青年會在明年（2013年）一月一日開始，繼續舉辦為期六個月的免費健康計劃班。凡是60歲以上的已退休、家庭低收入的人士都可以報名，但必須做到每星期五參加一次集體活動，每星期至少做三次運動，才合乎條件。

有意者請在星期一至星期四，上午九時至下午四時，與黃太聯絡，電話是：617-426-2237，打通這電話後再按“0”，報名者必須在一月十五日前登記。

王氏青年會
Wang YMCA of Chinatown

亞裔美國人團體對美軍凌辱案件輕刑化表示十分失望

亞裔司法正義中心撰文



因受虐而於2011年自殺的陳宇暉。（圖片來源：U. S. Army）

華盛頓一致致力於推進亞太裔政治、社會、經濟發展的國家組織OCA，和亞裔司法正義中心成員之一亞裔促進公義中心，近日紛紛表示對軍事法庭對美國陸軍參謀長Andrew Van Bockel的判決非常失望。Van Bockel被指控虐待今年19歲的華裔陳宇暉。陳宇暉來自曼哈頓，於2011年10月在阿富汗由於非戰鬥原因受傷，並在接下來的幾個星期受上司和同事的欺凌和虐待，最終自殺於阿富汗的家中。

上週，一位軍事陪審團成員認定Van Bockel犯欺凌成立，三項玩忽職守罪和兩項虐待罪名。儘管該案件潛在的最高刑罰為4年零9個月的監禁和開除軍籍，Van Bockel僅僅被判處嚴厲譴責，降級兩個職級和60天的辛勤勞動—其中45天已算入，並可以免去坐牢，繼續在軍隊服務。

維護亞裔團體利益的OCA執行董事Tom Hayashi說：「我們的社會對這個案件中體現出來的問責制度的缺乏感到深深的震驚和悲痛。Van Bockel的重大過失是完全不能被接受的，這對我們的軍隊的價值觀是一種凌辱。這次庭審作為一個強有力的跡象表明，我們必須在宣傳工作中要求推動更有力的改革。」

Van Bockel被認為是發動不適當行為的「頭目」，並沒能及時阻止其士兵對陳宇暉的虐待。這些行動包括種族辱罵、投擲石塊、腳踢，並將他在岩石上拖拽。Van Bockel對Chen的種族辱罵包括例如「龍女」（龍在西方文化代表邪惡）和「幸運餅乾」，並侮辱性地要求他用中文喊口令。

亞裔司法正義中心（Asian American Justice Center）主席兼執行主任Mee Moua說：「這次對Chen的凌辱比那些迄今為止一直流傳在員工軍士內部的其它虐待行為有著更嚴重的結果。言語根本不能表達那些奪走陳宇暉的生命的凌辱行為，並就士兵究竟身處怎樣的問責和領導力水平傳遞了一個微弱的信息。」

在Van Bockel的軍事法庭開庭之前，其他六個士兵已被定罪欺侮、虐待或責任失職導致陳的死亡。

Hayashi說：「這些一貫輕的懲罰與30年前的陳果仁案有著極其相似的結果，其中兇手沒有被送進監獄，而只是接受了罰款，刺激了華裔群體的人權運動。我們將為正義而戰，陳宇暉總有一天會得到司法公正。」

波士頓市市長舉辦國際慶祝活動

Joanne Wong報導



巾幗女子醒獅團表演舞獅。（圖片由Joanne Wong提供）

波士頓公園娛樂部門（the Boston Parks and Recreation Department）和新波士頓人市長辦公室（Mayor's Office of New Bostonians）在12月15日，於富蘭克林公園的高爾夫俱樂部主辦了一個國際慶祝活動。在市長托馬斯·萬寧諾的國際慶祝活動上，由波士頓多樣文化交流組織（Boston's culturally diverse community organizations）所組織的各種遊戲、節目表揚和教育類談話，讓各年齡層的小朋友都樂而忘返。

所有被邀請的家庭都在活動中享受各種文化的節日音樂、娛樂活動和舞蹈的表演。巾幗（Gund Kwok），一支全亞裔的女子醒獅團，在當日表演了傳統的舞獅表演，向觀眾傳達了傳統舞獅的來源。參與者更有機會親身嘗試舞動三個大獅子頭部分。

其中一位觀眾Jessica Fauntine說道：「很高興看到市長在年輕人中宣傳多種文化的各種信息。」作為一個以少數族裔為主的都市，波士頓是一個擁有各種種族、民族和文化交流的集中地。由於市長正處於最近所做的醫療治療的康復時期，所以當日並沒有出席該活動。取而代之的是市議員阿若

約（Felix Arroyo）出席了當日的活動，並與一些小孩一起玩陀螺（dreidel）。

活動上亦有一些其他文化的表演節目，包括有Origination文化藝術中心的表演，該青年舞蹈團多次到海外表演並學習其他的文化。藝術總監Shaumba Yandje Dibinga的率領下與年輕的人群一起歡慶並教了觀眾一些基本的非洲詞語。該舞蹈團更介紹了有關寬扎節（Kwanzaa）的起源和規則。

在活動上，有來自世界各地的各種遊戲可供遊玩。它們包括有皮納塔（piñata）、陀螺（dreidel）、和一種擁有6種語言（西班牙文、簡體普通話、法語、德語、拉丁文和英文）所組成的精裝28塊多種文化砌磚的遊戲。孩子們用不同語言所寫的節日祝福詞語的裝飾雪花上，用手工藝品中發揮他們的想像力和創造力。

賓客當日可以品嚐由唐恩都樂（Dunkin' Donuts）所提供的巧克力熱飲和華埠樂嚕軒所提供的餅乾。

活動最後，以觀看節日經典作品「史努比的聖誕節」和聖誕老人的光臨而完滿結束了該次活動。



席上不同種族的觀眾在欣賞表演。（圖片由Joanne Wong提供）

Hiring



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全國亞太裔美國人社區發展大聯盟執行主任Lisa Hasegawa撰文



圖片來源：Flickr

把競選期間作出的承諾拋在身後，我們現在正面臨著一個將顯著影響所有美國人在未來幾年內生活的嚴峻事實——艱難的財政抉擇。美國國會和白宮必須在今年年底前就削減赤字計劃達成一致。如果未能達成妥協，自動大規模財政削減將大大縮減聯邦眾多國內項目，威脅到數以百萬計的美國家庭的社會安全網絡體系。此外，一系列減稅措施計劃在今年年底到期，以平均每年增加稅收2,000元威脅著中產階級家庭。大幅削減開支和突然的加稅

會破壞我們國家的經濟復甦進程，令許多困難家庭處於不必要的危險之中。

如果國會與白宮未能達成協議，將會加劇許多美國人已在經濟衰退期間經歷過的資產和家庭財富的損失。從2004年到2009年的高度住房危機來看，亞裔美國人的家庭財富下降了54%，這主要是由於喪失抵押品贖回權而失去其財產價值。此外，根據2012年亞洲太平洋裔美國人全國理事會（NCPA）發行的政策綱領，2007年至2010年生

活在貧困中的亞裔、夏威夷原住民和太平洋島民（AANHPI）的人數增加超過45萬。其中相比全國總人口的21.5%，超過30%為亞裔美國人、40%為夏威夷原住民和太平洋島民。

這些數據並不令人驚訝。全國亞太裔美國人社區發展大聯盟（國家CAPACD）發現，最近進行的民意調查指出，亞裔美國人壓倒性地將援引經濟作為他們的首選，多數受訪者認為僅僅削減開支並不會單獨解決預算赤字。

2011年通過的預算控制法已經針對低收入家庭削減了可支配項目經費1.7萬億美元。一個沒有考慮到這些削減以及額外收入的財政解決方案，無疑會對低收入和移民社區造成負擔。然而，儘管“削減”的方式只會惡化亞裔、夏威夷原住民和太平洋島民的金融和經濟前景，其仍受部分美國國會議員的青睞。

• 亞裔、夏威夷原住民和太平洋島民往往集中在住房最昂貴的社區，總租金中位數顯著高於其他任何種族或族群。全面的削減將減少部分能夠幫助低收入家庭留在自己家園的租金援助項目。

• 亞裔、夏威夷原住民和太平洋島民們許多居住在遭受止贖率最高的大都市地區。預算削減將減少多種語言的住房諮詢服務，增加許多移民社區止贖、詐騙和欺詐的風險。削減預算也將減少為社區發展融資計劃的可用資金，如社區發

展整體補助金，夏威夷原住民整筆津貼，以及國內投資合作計劃等，進一步加劇了保障性住房的嚴重短缺。

• 兩千萬美國人失業，包括許多亞裔、夏威夷原住民和太平洋島民。根據美國國會預算辦公室的預測，失敗地避免財政懸崖將導致全國的失業率增加九個百分點，許多亞裔、夏威夷原住民和太平洋島民社區仍然遭受高失業率。苗族，老撾和柬埔寨的美國人將受衝擊尤為嚴重，而這些社區已經出現近10%的失業率。

全國亞太裔美國人社區發展大聯盟支持通過一個平衡的方法來削減赤字，要求富人支付相對公平的份額，保護社會安全網計劃，並支持我們社區內的經濟復甦。

我們期待著總統和國會攜手，基於我們國家慣有的共犧牲共擔責的理念，為全體美國人創建一個更好的未來。

Lisa Hasegawa是全國亞太裔美國人社區發展大聯盟（National Coalition for Asian Pacific American Community Development）的執行董事及亞洲太平洋裔美國人全國理事會項目副主席。國家CAPACD成立於1999年，其宗旨是為亞太裔社區的獨特社會發展的需要發出強大聲音。

密爾頓市（Milton） Brook Hill 經濟房屋置業良機

該公寓位於Brook Hill，將提供兩套就近MBTA、工作就業機會和波士頓市的全新經濟集合式公寓（condominium）單位。所有首次置業者**及合資格的家庭都可申請並以抽籤形式選出一房公寓單位的購買資格。

一房公寓售價：\$156,500

最低入息限制：

1人家庭：\$45,500 2人家庭：\$52,000

家庭財產最高上限：\$75,000

所有申請將需要同時提供充分的財政證明

所需文件和預先貸款批核須與申請表一起遞交。
未填妥所要求信息的申請表將不可參與到抽籤儀式中。

填妥的申請表必須在限期內遞交。

申請截止日期：2013年2月25日

申請表可於以下地點領取：

- 密爾頓市（Milton）市政廳
- 密爾頓市（Milton）公共圖書館
- 密爾頓市（Milton）房屋管理局
- 興罕市（Hingham）房屋管理局

亦可致電：781-741-6025、TDD：1-800-974-6006

或電郵至：edirector@verizon.net

公眾資訊會議：

2013年1月10日下午7時在密爾頓市（Milton）市政廳舉行



**可供特殊居住申請



Alta Brigham Square 阿靈頓市經濟房屋抽籤 Arlington, MA

www.s-e-b.com/lottery

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單間：月租\$941 一房：月租 \$1,068 兩房：月租\$1,185
房租只包括水費和排水費，並不包括其他雜費

Alta Brigham Square位於阿靈頓市麻省大道附近，擁有116間公寓，當中17間將會預留給經濟房屋計劃的合資格家庭及單身人士。

這些經濟房屋設計精美，廚房及浴室均有華麗的木地板，屋內亦附有不銹鋼爐具和高貴的名師設計的櫥櫃，浴缸的外圍也有鋪滿瓷磚而成。社區設施包括一個健身中心、有氧運動健身室和附有火爐和公眾烤架的室外休息室。

申請家庭最高入息如下：

單人 - \$45,500 雙人 - \$52,000
三人 - \$58,500 四人 - \$65,000

公眾諮詢會議將於2013年1月10日下午6時於Arlington Senior Center Mural Room（27 Maple Street, 市政廳附近）舉行。

填妥的申請表和所需的入息證明文件必須於（非郵戳日期）
2013年1月30日前收到。

抽籤將於2月16日下午6時

在Arlington Senior Center Mural Room舉行。

有關抽籤及申請詳情，請瀏覽：www.s-e-b.com/lottery
或致電(617) 782-6900留下口訊。申請表及有關資訊也可在阿靈頓市的羅賓斯圖書館（Robbins Library, 700 Mass Ave）
開放時間：星期一至三早上9時至下午9時、星期四下午1時至9時、星期五及六早上9時至下午5時，以及星期日下午2時至5時。



幫助青少年舒緩壓力

華美福利會青年理事會負責人Devin Young撰文

青春期在人的一生當中是一個艱難的時段。雖然，許多人形容它為“一生中最好的光陰”，但是這段時期亦帶來了巨大的壓力，例如人身體上、環境所帶的轉變，就像明尼蘇達大學的Joyce Walker所說的：「在獨立與依賴他人之間的掙扎。」所有的這些都聯繫到一個詞：壓力。

Walker是這樣形容，『壓力的特點是緊張的感覺、無奈、擔憂、傷悲，通常需要幾個小時甚至數天的時間去擺脫這種感覺。』但是，壓力有時會進一步的上升並導致實際性的精神健康隱患，從焦慮甚至到抑鬱病的發生。國家精神健康協會所形容，在一般情況下，壓力和焦慮是自然的反應，能更好的發展自我。但是，如果出現到非常極端的情況，那麼對自身的發展將會起到傷害並減低性能的發展。

青春壓力與過渡的焦慮是來自於許多不同的來源的。這些包括兩性關係的問題、家庭和財政的問題、學業的壓力和挫折、家庭裡嚴重的疾病、同學間的壓力、在這年輕階段的生理變化、消極的自我概念和學校的變動。根據Joyce Walker所說，這些問題的起源可以分為學校和家庭的兩大類，以及這些問題都牽涉到問題的衝突和損失。一位來自摩頓高中的學生Sudan Zhuang對於這些壓力的來源表示贊同，她說她的壓力來源主要來自於『學校與分數』。她說：「例如，當其他人得到A+的時候，你覺得你都應該是得到A+，會令你自己感到

對自己的失望。」正如Sudan一樣，所有的這些都是來自於學校和朋友之間，有關成績而產生的競爭壓力。

大多數的青少年都是用比較健康的方式去處理壓力的，比較常見的，嘗試去做各種的放鬆的活動可以幫助減少壓力，嘗試去解決問題，或者從朋友或者家人處得到幫助。這些行為都是對焦慮的積極性行為。以Sudan為例子，她說她會『嘗試更努力的學習或者與朋友一起外出散心』來釋放壓力。

另外一方面，一些『問題』青少年則為用消極的行為去表達他們的壓力，例如憤怒、被動的、帶侵略性和反社交性的行為。其中一種重要的研究指出，一份有關於青少年企圖自殺個案的報告，在他們壓力的列表上，平均有多於一般人五項的『壞事情』發生，比一般的青少年多出兩倍。

常見的一些有助於避免和處理壓力的做法有：運動、健康飲食、預先練習如何對抗焦慮、學習放鬆的運動、提高自信心、短暫的放假休息、尋求社會組織的幫助、減少消極的自我意識、避免食用太多的咖啡因、酒精、藥物和香煙。另外，父母亦可以通過觀察青少年的壓力程度、聆聽兒女的心裡話、適當角色扮演的壓力管理或支持他們參與一些例如田徑運動等的健康行為，來幫助他們舒緩壓力。這些貼士可以指導父母如何幫助孩子減低壓力，亦可以讓青少年學習如何自我減低壓力。

建立一個繁榮的都市需要發展強大的學校社區

波士頓市市長Thomas Menino撰文



市長曼寧諾及教育總監強森於2011年9月26日探訪Up Academy。該校將於明秋進行改革。（圖片來源：City of Boston）

近日，來自於67間不同學校，超過1,100名住在波士頓周邊的學生開始了跨越城市的上課旅程。他們一起跨越了超過1,782哩的路程，從波士頓市一直到懷俄明州的夏延（Cheyenne, Wyoming）。

這些孩子都是居住於多切斯特市（Dorchester）的Bowdoin/Geneva地區的。在這裡，三分之一的孩子都是出自於單親媽媽家庭。失業的比率普遍是城市家庭的兩倍。大約有四分之一的家庭都處於低收入的階層。

正式這般龐大數目的孩子，3區學生在大約25年前已在系統中簽署求助。但是，對於長途跋涉去到好的學校上課，我們可以看出這些孩子不喜歡跨越出他們生活的城市，相反寧願選擇一些不是那麼好教學質量的學校。

想要真正的提高像Bowdoin/Geneva的地區，我們需要做的事去建立而不是分割它們。這樣的意思即是更多的投資在我們的學校，幫助這些家庭的孩子可以去就近他們家中，更好教學質量的學校就讀。

自從我成為了市長以來，我們已經改變了以前陷入困境的學校系統，使我們變成了世界前二十進步最大的地區之一。在1998年，只有25%的高中生通過了他們的數學MCAS的考試。今日，已有86%學生通過了。在兩年前，我們換轉了一個全新的系統，以確保我們的每一分錢都可以準確的用在我們的學生身上，學校得到教育基金基於學生的數目以及他們的需要而定。

與此同時，我們亦在類似Bowdoin/Geneva的這些地區繼續的作出巨大的轉變。座落距離十字路口大於有四個街口的Marshall小學，在去年的閱讀和數學MCAS考試中，只有10%的學生得到了比較高分的成績。

我們新的預算系統已經可以允許我們額外投資\$600,000於Marshall小學，並令其有更多令人深刻的轉變。在上個月的教育總監卡洛·強森宣布UP Academy將會在今年秋季進行改革，帶來更多新的優秀教師，增加回校日和保證其良好成績的記錄。以此同時作為一所波士頓公立學校，並歡迎所有擁有不同需求和能力，各種階段的學生。

所有這些改變將不會是永遠沒有可能的，只要我們去爭取，在我們教師的合約裡獲得國家層次的改革。讓我們以從來沒有過的資金和能力去扭轉今天有需要的學校。但是所有的這些成功策略都需要我們

讓學生可以在就近家的學校登記上學。

但是目前我們學生的唯一申請過程是很令人沮喪的。它是建立於分割學校社區而不是建立於高質量的方面去幫助學生得到成功。

在經過一個時代之後，我們知道這是不可行的。如果繼續這樣，這些像Bowdoin/Geneva地區的學生將會在每日早上或者下午，跨越數百哩來回於學校和家裡。他們將會錯過了課後的活動或輔導，只是因為他們需要在午餐後就立即長途跋涉地歸家。

這絕對是沒有道理的。

像Bowdoin/Geneva地區的這些貧困的沉重模式如果需要被徹底結束，需要一個社區建立的策略，包括有好的學校、健康醫療的提供、工作訓練、職業培訓、犯罪的預防和止贖救濟。

我們的城市將會提供所有的這些東西，而Marshall小學將擁有的改變只是最近的一個例子。有些人可能會說，我們必須等到所有的學校變好，才可以進一步的採取措施防止孩子們的分散，但是我個人就認為我們應該同時在同一時間做兩樣東西。成功的新學校的扭虧為盈的工具、一個在國家中最先進的老師和校長的評估系統、最終提供給最需要的學校的公平預算，所有的這些都已經上了軌道。

建立更好質量的學校社區需要同時致力於質量和社區。我們需要真的去做這樣工作，我們的孩子不可能永遠在等我們永無止境的辯論。在一月，外部顧問委員會（External Advisory Committee）將會為一個集合均衡選擇、高質量和社區性的新的學校報讀計劃，在學校的選擇上做出最後的複審和建議。

終於有了一個解決的方法，可以十分接近於結束這個長期爭議的話題。所有波士頓的孩子亦很快將會從中得益。

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其他申請限制適用。

房屋開放日：2013年1月6日，中午12時至下午2時

19 Wadsworth Lane, Unit #201, Wayland

公眾資訊會議：2013年1月7日，下午6時至下午8時

Wayland Town Bldg, Senior Ctr.

申請表可在以下地方領取：

蔚藍鎮(Wayland)市政大樓大廳

蔚藍鎮(Wayland)公眾圖書館

亦可郵寄或電郵至：

JTE Realty

P. O. Box 955,

No. Andover, Ma. 01845

postroad@jterealtyassociates.com

郵件必須提供回郵地址

聯絡電話：978-258-3492

申請表截止日期：2013年2月4日



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中華廣教學校校長全心培育語言與文化

黃靈美報導



曾秀芬女士是中華廣教學校的新任校長。(圖片由黃靈美提供)

校長曾秀芬(Felicia Tsang)非常的清楚作為新移民是一種怎樣的感覺。

曾校長17歲來到美國。當她被指定閱讀約瑟夫·海勒的『Catch-22』時遇到一個不熟悉的不雅語言。她在字典的F字頭裡找不到這個而只可以求助於同學。

她笑說：「在兩個小時內，這個故事就全校都知道了。」

今時今日，曾校長很清楚知道她的文化背景。作為中華廣教學校的校長，她希望孩子學習中文並不只是作為一門語言來學習，更重要的是了解它背後的文化和歷史。

曾校長笑說：「語言是通往教育的道路，只有你懂得了語言，你才能真正的融入。然而，如果你不了解一種文化，你是不會知道它錯綜複雜的語言的。只有把兩者聯合起來才能成功。」

回家

曾校長從小在香港長大，後來，她選擇來波士頓作為了她的家。在麻省理工(MIT)學習電力

工程後，她在達特茅斯學院和波士頓大學完成了她的碩士學位，之後在哈佛醫藥學校從事了科學研究人員的工作。她在1986年開始了有關K-12教育的工作，在那時，她組織了自己的家庭並有了兩個兒子和一個女兒。她在紐頓中文學校(The Newton Cantonese School)工作了將近8年的時間。

曾校長說：「我的年幼的兒子說『我們是唯一的子去做這些的』，在星期六去中文學校已經變為生活中風雨不改的事情。」

曾秀芬在諾貝爾物理學得獎者高錕(Charles Kao)的邀請下，在2002年搬回到了香港並共同在創立了一所私人學校。當學校踏上了軌跡後，她與麻省理工學院媒體實驗室(MIT Media Lab)、香港中文大學(University of Hong Kong)和香港青年協會(Hong Kong Federation of Youth Groups)共同推出了學習工程學、藝術和設計的項目。這個合作的項目為香港帶來了多媒體的教育，跨越性的多種



曾校長教導學生做作業。(圖片由黃靈美提供)

主題並為有特殊需要的兒童而服務。

當中華廣教學校在找尋一名新的校長的時候，曾秀芬已經是非常聞名的。

曾校長說：「把我在香港所得到的經驗和為社區在工作上的熱情奉獻出來，我真的很希望做出一些東西，對於回到家中做這些事，我感到非常的高興。」

繁忙的華埠

在每一天，曾校長都會處理各種的行政工作，與教師們一起商談，對學生的檢查，接見學生的父母和給予中華廣教的高中志願者在大學招生的建議。她可以用流利的英語、廣東話和普通話去做所有的事情，並清楚了解每一種語言背後所擁有的文化背景。

她說：「除非你開始體會到這個國家、人民和它的歷史，以及文化，否則你是不可能對這種語言有更深一層的興趣或學的好。」

在中華廣教學校，老師們用廣東話和普通話在班上教導華埠的新

移民孩子和一些其他的孩子，學校是一種文化的鏈接。曾校長說：「許多社區裡的人們其實都不太了解美國的文化。他們可以上語言的課程，但是始終很難去融入。他們不能夠參與他們孩子的教育，這種結果令到這代的孩子和父母都感到很失意。父母對他們自己是感到無望的，所以把所有的希望放在他們的孩子的身上。所以很多孩子都會顯得相當沮喪。他們在一個很尷尬的位置，如果他們令到父母失望，他們很容易讓自己覺得很失敗。」

中華廣教學校不單止是提供語言的課程，亦同時提供各種如洋琴、功夫和中國舞蹈的課程，可以讓學生全方面的去了解並欣賞中國的文化。在星期天，會有英語的課程給予新移民的孩子，可以幫助他們更快的適應。

曾校長最後說：「我希望見到這裡的孩子都可以獲得成功，我希望他們在某種程度上可以衝出社區，但是讓他們亦永遠感覺到他們是其中的一分子。」

摩頓市市長的2012年年終總結

摩頓市市長Gary Christenson撰文



時間飛逝！自我當選摩頓市市長已經將近一年了，在過去的一年裡，我們有了許多鼓舞人心的改變和進步。如果我一定要選一樣最值得驕傲的事，那麼它就是我們在過去一年與市民直接的交流得到了更大的進步。

我們現在與市民通過各種的途徑聯繫在一起，例如城市網站、Facebook、Twitter、Flicker、YouTube、E-newsletters和每月的在線論壇，通過這些不單止令我們可以與市區的市民分享更多的有關社區的資訊，更可以讓他們更多的參與到政府的管理裡。我對摩頓市的公眾媒體化成立一周年感到非常的高興，我們在Facebook和Twitter的支持者已經分別多達2,316人和1,428人。

特別針對摩頓市的多樣文化人口，我們在市長辦公室安排了各種的雙語言服務代表。我們說普通話和海地克里奧爾語的服務代表在整個市政府都隨時隨地可以為我們的

市民服務。

商業發展是另外一項重要的任務。摩頓市在大波士頓範圍內是其中一個適合新的商業發展、擁有豐富資源的城市，而我的管理部門亦一直在為更好地促進城市而努力。我對他們的指示是對新的商業，從『紅燈』轉化到『紅地氈』讓他們感覺到被歡迎和收到讚賞。我們當前的目標是與商業一起努力去促進牌照的發放、批核的過程和盡可能的幫助他們所需要的。

另外我不可以不提到的是，我對於我們為摩頓市青少年所提供各種資源所作出的成績和努力，同樣感到非常的驕傲。『市長的夏季青少年工作項目』得到了巨大的成功！我們總共有335名的青少年為我們的城市而工作，對比起去年整整多了三倍！我們將會繼續這個項目，它可以讓我們未來的接班人得到更多的工作經驗的機會、發展基本工作所需的技能和把他們與社區聯繫在一起。同樣，我們在最近開放了摩頓市青少年綜合服務中心(Malden Teen Enrichment Center)，在那裡我們提供了一個安全的場地讓摩頓市的青少年可以更多的與朋友進行交流、得到學業上的幫助、玩遊戲、參與各種的活動、發展領導力技能和得到更多參與社區服務的機會。

2012年是美好的一年，我期望在2013年我們將會作出更好的成績！

全新經濟房屋出租

Avalon Natick (那提克市) — 5 Chrysler Road, Natick, MA 01760

Avalon Natick 是一座全新的社區公寓房屋，擁有專業的現場管理、戶外恆溫泳池、私人健身中心的一間入息中位數為80%的中等收入經濟房屋項目。社區現在仍然在施工，可於2013年3月份正式入住。

現有1房和2房單位可供選擇，公寓座落於麻州那提克市(Natick)
準則適用於中等收入申請

開放註冊時間：2012年12月1日—2013年2月1日

申請表格獲取的聯繫方式：

Avalon Natick - 5 Chrysler Road, Natick, MA 01760

Phone: (617) 654-9591

Email: MAblueskies@avalonbay.com

填妥的申請表格可通過傳真或郵件方式遞交：

Fax: (617) 451-8694

Email: MAblueskies@avalonbay.com

申請表格亦可以到以下地址獲取和遞交：

Avalon Natick Leasing Office

5 Chrysler Drive Natick, MA 01760

辦公時間：

星期一至星期四：上午9:30—下午6:30；

星期五至星期六：上午8:30—下午5:30； 星期日上午9:30—下午5:30

每月租金(中位數80%項目)★

1房：\$1,064/月 2房 \$1,266/每月

★Avalon Natick住戶需支付煤氣、電、水/去水、電話和有線電視費用
歡迎持有Section 8憑證的人士申請

家庭最高入息中位數限制(中位數80%項目)

1人家庭：\$45,500 3人家庭：\$58,500

2人家庭：\$52,000 4人家庭：\$65,000

最低入息限制：

1房：\$25,536 2房：\$30,384



該公寓包含由美國聯邦房屋管理局所制定的殘疾人士專用標準設備
★租金和入息限制如有變更，恕不另行通知。 AvalonBay Communities, Inc.



學習關於鉛在家中的影響

黃靈美報導



鉛是一種重金屬，常見於1978年以前所建的房子的內裡或外面的油漆裡。有關鉛中毒的影響是很嚴重的，可以同時傷害孩子和成年人。通常孩子是最危險的，因為鉛將可能永久地傷害他們在發育中的身體。

在1978年，美國開始禁止含鉛的油漆。在這之前，幾乎所有的房子都可以發現含鉛油漆，亦包含許多麻州的舊房子。同時，鉛亦可在管道、玻璃和陶器上發現。

鉛中毒的影響

6歲以下的孩子將會更大機會受到鉛中毒影響，將會影響他們的腦部、腎臟、神經系統、聽力和紅

(圖片來源: Flickr)

而且，成年人亦可能受到鉛的傷害。當然，他們口腔不會直接的舔房子，但是通過呼吸他們將會吸入含鉛的灰塵，觸碰佈滿含鉛灰塵的東西、吃用了含鉛的物品或受鉛污染的土壤。

來自華美福利會（AACA）的多種服務中心的曾嘉兒（Melody Tsang）說道：「許多亞裔家庭都喜歡在他們的後院種植蔬菜或草本植物，但是他們沒有意識到在泥土裡亦很有可能含有許多來自房屋油漆的鉛，他們很可能將會不經意地傷害了自己。」

對於懷孕的婦女來說，鉛會影響懷孕的發育。受到鉛中毒的成人

細胞。即使是低層度的影響，亦會有阻礙身體生長和有發育問題的影響。年幼的孩子最容易受到影響是因為他們經常把東西直接放入口中，從而導致更多鉛的吸收。

可導致生殖器官、高血壓、胃病、神經系統、記憶力、肌肉和關節疼痛的問題。

已感染鉛中毒的人外表看起來與一般人無異。唯一可以檢查出來的是通過血液的測試。麻州的強制性規定，小朋友從4個月開始直至4歲都需要至少每年一次做這些血液檢查。

明白鉛的危險因素

如果你所住的房子建於1978年以前，且房子裡居住有6歲以下的小朋友，那麼你需要為你的房子作出檢查。如果發現有鉛的因素存在，必須在去鉛後或暫時遠離擁有嚴重鉛問題的房子至少2年。

不管怎樣，含鉛的油漆不一定都是危險的。如果是擁有好的質量並不是用於表面的，例如窗戶，那麼人們還是可以避免受到影響的。

檢查員可以檢測到一間房子是否含有鉛的存在，以及這些鉛的來源。他們會通過目視的檢查、用硫化鈉溶液和用X放射性機器來檢查。最終，實驗室將會測試並最終確定油漆、灰塵或土壤裡是否含有鉛。

曾小姐說：「不要嘗試自己去清除那些鉛，用油漆來掩蓋有問題的區域只是臨時的措施，並沒有實際性的作用。」

房子的維修最容易受到鉛中毒的影響。應該做足預防措施去防止

鉛的暴露，特別是所有舊的油漆和通道管道。

以下的步驟可以教你如何讓你的家庭遠離鉛的危害。

環境保護局對那些認為的房子有高度鉛的危險居民有以下的幾個建議：

1. 即使你的孩子看起來很健康，亦需要讓他們接受鉛的測試。
 2. 經常徹底清洗孩子的雙手、瓶子、奶嘴和玩具。
 3. 確保孩子進食健康、低脂和高鐵和高鈣的食物。擁有足夠影響的孩子將會減少鉛的吸收。
 4. 讓你的房子接受鉛的測試。
 5. 經常清潔碟版、窗戶基石或其他的表面。
 6. 進屋之前把鞋子上的泥土弄乾淨。
 7. 與你的房子的賣家或業主商討修補脫落油漆的牆面的問題。
 8. 當房子需要重新翻新及維修時，採取預防措施並避免接觸到含鉛的灰塵。可致電1-800-424-LEAD或瀏覽網址：www.epa.gov/lead/nlic.html找尋指引。
 9. 不要在可能含有鉛的油漆表面使用砂帶磨光機、丙烷火炬、熱風槍、幹刮刀或幹砂紙。
 10. 不要嘗試自己去移除含有鉛的油漆。
- 這是經濟房屋系列的第三部分。

麻州部分公立學校計劃增加上課時間

黃靈美報導



克萊倫斯艾德華茲中學是其中一間增加上課時間的學校。(圖片來源: City of Boston)

數千的麻州公立學校的學生，將會在新的一年增加更多的學校上課時間。

馬塞諸塞州是全國五個州中其中一個州實行這個方案的，部分學校將會在2013年增加至少300個小時的在學學習時間。其他的四個州包括科羅拉多州（Colorado）、康涅狄格州（Connecticut）、紐約州（New York）和田納西州（Tennessee）。

麻州的這些學校將會收到由聯邦、州和地區所撥的基金，並有來自福特基金會（Ford Foundation）和全國學習時間中心（National Center on Time & Learning）的援助。2013-2014年度的聯邦和州的教育基金尚未得到批核。

麻州現時擁有一個州的擴大學習計劃項目，所以所有學校對呢個

計劃都不會感到吃驚。在2012-2013年度，州授予非競爭性津貼\$1270萬元和\$130萬元競爭性津貼給予19間擴大學習的學校。

擴大學習時間計劃是為了更好的提高學生的表現能力和讓美國的學校更有競爭力。另外亦為了幫助學生為以後申請大學和在從業上增添更多知識、技能和學習經驗。根據2012年教育合作和發展的報告，平均美國的老師每年用於教學的時間大約是1,050至1,100小時，幾乎是其他國家中最多的。

學校和地區將會決定在2013-2014年度，增加更多的學校日或者在學校日曆上增添更多的回校日。這些額外的時間將會用於增加科目如數學、閱讀、科學和一些其他的應用學習和濃縮課程的主要科目上。同樣，亦將會用於老師的專業

發展上。

2012-2013學年度更加學校時間的學校有：

1. 波士頓市公立學校：
波士頓藝術學校 (9-12)
Boston Arts Academy
2. 波士頓市公立學校：
克萊倫斯艾德華茲中學 (6-8)
Clarence R. Edwards Middle School
3. 布洛克頓市公立學校：
杭廷頓小學 (K-5)
Huntington Elementary School
4. 劍橋市公立學校：
弗萊徹·梅納德學校 (P-8)
Fletcher Maynard Academy
5. 劍橋市公立學校：
馬丁路德金小學 (P-8)
Martin Luther King, Jr. School
6. 切爾西市公立學校：
約瑟夫·A. 布朗中學 (P-8)
Joseph A. Browne Middle School
7. 秋河市公立學校：
Carlton Viveiros小學 (K-5)
8. 秋河市公立學校：
馬修J. 庫斯中學 (6-8)
Matthew J. Kuss Middle
9. 秋河市公立學校：
弗蘭克·M. 西爾維婭小學 (北端)
Frank M. Silvia Elementary School (K-5)
10. 費奇堡市公立學校：
Arthur M. Longsjo初中 (5-8)
11. 綠野市公立學校：
綠野市中學 (4-7)
Greenfield Middle School
12. 綠野市公立學校：
牛頓學校 (K-3)
Newton School
13. 摩頓市公立學校：
費瑞衛學校 (1-8)
Ferryway School
14. 摩頓市公立學校：
Salemwood小學 (K-4)
15. 里維爾市公立學校：
A. C. 蕙蘭小學 (K-5)
A. C. Whelan Elementary School
16. 里維爾市公立學校：
加菲爾特中學 (6-8)
Garfield Middle
17. 里維爾市公立學校：
麥金利小學 (K-5)
William McKinley Elementary School
18. 伍斯特市公立學校：
City View Discovery學校 (P-6)
City View Discovery School
19. 伍斯特市公立學校：
Jacob Hiatt Magnet學校
Jacob Hiatt Magnet School (P-6)